

RECREATION MATTERS

Programming for Adults of All Ages



DANIEL HARRIGAN, MAYOR

City of Akron
Dept of Neighborhood Assistance
Recreation Bureau
Active Adult Division

May 2017

It's Hamburger Month!

National Hoagie Day is May 5.

No Socks Day is May 8.

Mother's Day is May 14.

Memorial Day is May 29.

220 South Balch Street, Akron, OH 44302

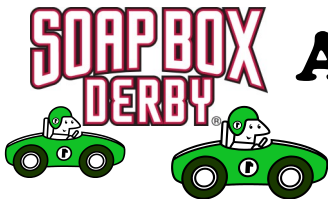
(330)375-2839 (330)375-2852



akronohio.gov/activeadults

facebook.com/CityOfAkronAdultRecreation

City buildings, including Community Centers, may close or have shortened hours on holidays.



Akron's Family Day at the Derby

Thursday, June 29, 4:00pm - 8:00pm

All-American Soap Box Derby at 789 Derby Downs Drive

Family Day is a thrilling day of intergenerational racing. Grandparents race grandchildren, aunts and uncles race nieces and nephews, parents race their kids, and siblings and friends race each other down the hill in individual soapbox derby cars. Participants of all ages are welcome, but children must be at least 7 years of age, 46" tall and able to operate a car on their own to race. Your ticket will get you a ride down the Hill and entertainment at this fun day at the races. Food trucks will be on sight for a snack or dinner, so you can get what you want and spend what you want on refreshments. Be sure to get your tickets before they're sold out!

Tickets are \$5 (for adults or children) and may be purchased from the Active Adult office at 220 South Balch Street in Akron, 44302.

Call Lisa at 330-375-2852 for tickets or information.



Fun in the Kitchen with Rosemarie

Ellet Community Center at 2449 Wedgewood Drive

Monday, May 8 at noon



Learn how to make some easy but elegant tea party foods just in time for Mother's Day. You'll enjoy a nice tea (gloves and hats optional) and take the recipes home. The \$8 class fee must be paid by May 2.

Monday, June 12 at noon

It's time for Summer Salads! This is a cooking demo. You'll try the finished salads (a refreshing green salad and savory pasta salad) and get Rose's recipes. The \$8 class fee must be paid by June 6.



Allow 2 hours for all cooking classes.

Call Lisa at 330-375-2852 to sign up.



Let's Do Lunch

Wednesday, May 17, 10:00am—3:30pm
Northwest Family Community Center
1730 Shatto Avenue



Join Elaine on the trolley for a trip that will answer all of your burning Akron water related questions! Where does my water bill money go? Why did the EPA mandate 1.4 billion dollars of repairs? What is that huge tunnel? Who or what is Rosie? What's up with these herons? How's it all work?

Our first stop will be the Mustill Store, one of the oldest structures in Akron and where canal users tied up to shop or trade, to pickup our guides. Then we'll tour sites in Akron as guests of Akron Waterways Renewed. After our informative, fun and highly in-demand tour, we'll head to D'Agnese's at White Pond where we'll enjoy delicious traditional and modern Italian dishes. If you've never been there, you'll want to check it out.

There is no upfront cost for this Trolley-only trip. Spend whatever you want to for lunch at D'Agnese's and maybe a beverage during the tour. The 3:30 return time is approximate.

Call Lisa at 330-375-2852 to sign-up.

Trolley Trip Policy

All Trolley trip participants must return to the trip's point of origin on board the Trolley.
All activity end times listed are approximate and subject to change.

The Annual Master Gardeners of Summit County **Tour of Gardens**

Saturday, June 24, 8:30am - 4:30pm

Northwest Family Community Center at 1730 Shatto Ave

The trolley will take us to some of Summit County's most impressive gardens with a stop for lunch half-way through the tour, which is lead by a Master Gardener. This is an outdoor activity with a lot of walking.

Feel free to bring beverages, snacks and even a little cooler on the Trolley. Some water will be provided. The 4:30 return time is approximate.

Buy your ticket for \$22 through the Active Adult office. Make checks payable to The City of Akron, and mail them to Adult Recreation, attention Lisa at 220 South Balch Street, Akron, Ohio 44302. Spend what you want for lunch and at the tour's garden shop.

Register with Lisa at (330)375-2852 by June 8.



Travel with Ed Davis Seniors

To Put-in-Bay on July 13, 2017

This is a one day trip that includes travel from and back to the Lawton Street Community Center on a comfortable motor coach as well as the Miller Boat ferry ride to and from the island where you'll board a private tram for a guided tour. You'll visit the Heinman Winery, Crystal Cave, Perry's Monument, the Butterfly House, and Antique Car Museum, with lunch and time for shopping too. All this for only \$105.

Call Jean at 330-535-6327 or Bea at 330-867-4695 to sign-up by June 15.



~Yoga in the Park~

Every Monday Starting June 5 at 5:30pm
Hardesty Park at 1615 W Market St in the Wallhaven Area

Connect with nature as Gina leads you in yoga suitable for beginners or experienced practitioners. After yoga, you can stay for the free summer concert happening in Hardesty park every Monday at 7:00pm. Free and no registration required. Just be there by 5:30 with your yoga mat and water. Some mats will be available for individuals without one.



Rubber City Games

Fun For Everyone 40+

The \$20 registration fee includes participation in up to three competitive events (with ribbons for first, second and third place in each age group), a commemorative t-shirt, participation in a fitness walk and archery on a first come first serve basis, closing ceremonies with dinner and pickleball, a 3 month City of Akron Adult Fitness Class Pass, and a ticket to the City of Akron's Family Day at the Derby. Bowling and Golf have additional fees that must be paid on the day of competition.

All experience and skill levels are welcome!

May 13—3 on 3 Basketball

June 29—Family Day at the Derby

July 8—Track & Field

July 11 & 12—Bowling

September 13—Golf

June 20 & 21—Bocce

July 2—Archery

July 8—Fitness Walk

August 11, 12 & 13—Tennis

October 7—Closing Ceremonies & Pickleball

Get your registration form with a detailed schedule of events in your local community center or online at akronohio.gov/activeadults. Completed registration forms and payments are due three weeks before the first event in which you will participate.

Call Lisa at 330-375-2852 for more information.

**Now Open
To Everyone
In Their
Forties Too**



Active Adult Golf League

Wednesdays Starting May 3

First Tee Time is 9:00am

Mud Run at 2000 S Hawkins Ave

No pre-registration is necessary in this drop-in league. Play nine holes of golf for \$12, which includes the use of a golf cart.

**Call 330-375-2728 or 330-375-2839
for information.**



Senior Basketball

Tuesday & Friday at 4:00pm

Lawton Street Community Center

1225 Lawton Street 330-375-2825

Tai Chi by Ujima

Saturday, 9:30am—12:00pm

Lawton Street Community Center

1225 Lawton Street 330-375-2825



Program Policy

You must register and send your payment to the listed address as instructed for all activities requiring advance payment. If your payment is not received before the scheduled activity, you may not be able to participate. All program fees are nonrefundable.

If cancellations are made by the Recreation Bureau refunds will be issued.

Stay Healthy With An Adult Fitness Class Pass



Attend as many fitness classes as you want for one low price when you buy an Adult Fitness Class Pass! Passes are valid for all of the classes on this list. You can buy one at any of the centers where classes are held or from the Active Adult office on Balch Street with a check or money order made payable to the City of Akron.

For Adults Under 65:	6 Month Pass is \$40	12 Month Pass is \$60
For Adults 65 & Over:	6 Month Pass is \$30	12 Month Pass is \$45

Low Impact

Aqua Boot Camp

A Full-Body Workout in the Water

Bring a Swimsuit & Towel

Mon, Wed, Fri & Sat at 12:00pm
Balch Street Fitness at 220 S Balch St

Pilates

Resistance Strengthens & Lengthens Muscles,
Improving Balance, Flexibility & Posture

Bring a Yoga Mat

Monday at 5:00pm*
CitiCenter at 146 S High St (4th floor)

Monday at 6:30pm*
Firestone Park Center at 1480 Girard St

Tuesday & Thursday at 7:30pm
Balch Street Fitness at 220 S Balch St

Thursday at 12:15pm*
CitiCenter at 146 S High St (4th floor)

***Instruction will be prerecorded**

Active Adult Aerobics

Cardio Perfect for Beginners & Seniors

Monday & Wednesday at 9:30am
Northwest Family Center at 1730 Shatto Ave

Monday at 11:30am
Lawton Center's Red Pepper Steppers
at 1225 Lawton St

Thursday at 9:00am
Ellet Center at 2449 Wedgewood Dr

Strongbody

Core Building to Improve Posture & Shape
Muscles **Bring Weights, Water & a Mat**

Tuesday at 6:00pm*
Ellet Center at 2449 Wedgewood Dr

***No Class on May 2, 9, 16, 23**

Yoga

Restorative Stretch Builds Strength & Balance

Bring a Yoga Mat or Use a Chair

Monday at 9:00am
Ellet Center at 2449 Wedgewood Dr

Monday & Wednesday at 12:00pm
CitiCenter at 146 S High St (4th floor)

Monday at 4:00pm
Firestone Park Center at 1480 Girard St

Monday at 5:30pm
Patterson Park Center at 800 Patterson Ave

Tuesday at 1:00pm
Lawton Street Center at 1225 Lawton St

Wednesday at 10:00am
Reservoir Park Center at 1735 Hillside Terr

Chair Yoga: Wednesday at 12:00pm
Northwest Family Center at 1730 Shatto Ave

Wednesday at 5:30pm
Ellet Center at 2449 Wedgewood Dr

Thursday at 9:30am
Kenmore Center at 880 Kenmore Blvd

Walk Your Way To Fitness

Dynamic Walking with Weights & Stretching
for a Gentle Total Body Workout

Mon, Wed, Fri & Sat at 11:00am
Balch Street Fitness at 220 S Balch St

Zumba Gold

Show Aging Who's Boss in This Low
Impact Dance-Fitness Class

Tuesday & Friday at 9:30am
Northwest Family Center at 1730 Shatto Ave

Friday at 5:00pm
Balch Street Fitness at 220 S Balch St

Medium Impact

Adult Tap Class

Fun Intro to Tap Dance for All Ages

Wednesday at 7:15pm

Northwest Family Center at 1730 Shatto Ave

Stretch & Tone

Strength Training, Stretching & Aerobic
Exercise for a Total Body Workout

Bring Water & a Mat

Thursday at 7:00pm

Northwest Center at 1730 Shatto Avenue

Boot Camp

Cardio with Strength & Core Training
for Individuals at All Levels

Saturday at 10:00am

Balch Street Fitness at 220 S Balch St

Zumba for Beginners

Part Cardio with Zumba Moves Slowed
Down & Broken Down for Beginners
Part Toning with Weights **Bring Weights**

Thursday at 5:00pm

Ellet Center at 2449 Wedgewood Dr

Cardio Rhythms

Fun High Energy Cardio to Burn Calories

Monday at 6:00pm

Ellet Center at 2449 Wedgewood Dr

**Our instructors can help you
modify movements in the medium
and high impact classes to lower
the stress on your body.**

High Impact

Zumba

Exciting Up-Beat Dance-Fitness Workouts

Wednesday at 6:30pm

Northwest Family Center at 1730 Shatto Ave

Thursday at 10:15am

Ellet Center at 2449 Wedgewood Dr

Coming Soon to Balch Street Fitness

**Our instructors can help you
modify movements in the medium
and high impact classes to lower
the stress on your body.**

Zumba Step

A Blend of Zumba & Step Aerobics to
Tone & Strengthen Glutes & Legs

Thursday at 12:00pm

CitiCenter at 146 S High St (4th floor)

Step Aerobics

High Energy Combo of Step, Abs & Weights
to Strengthen, Sculpt & Add Stamina

Tuesday & Thursday at 6:30pm

Balch Street Fitness at 220 S Balch St

Fitness Class Impact Levels

Our classes are listed by impact level. These levels indicate how much stress the activity involved puts on musculoskeletal tissue and joints. Low impact activities cause less stress, while medium impact cause more and high impact the most.

Remember low impact can be high intensity and provide a great workout.

Recreation Matters Easy E-Newsletter

Get Recreation Matters sent to your inbox every month! And if you pull it up on your smartphone, you'll always have it with you. Just send your email address to LEllis@akronohio.gov.



Remember to follow us on Facebook too!
facebook.com/CityOfAkronAdultRecreation





Hikes for Health

Thursdays at 6:00pm, Starting in June



Fun, Fitness and the Great Outdoors! Join us every Thursday (weather permitting) for a great workout. We have the most beautiful parks; explore them safely as part of our group! Each hike is 2 to 3 miles and about an hour long. Wear sturdy shoes and bring water.

June 1—Goodyear Park's Piney Woods Trail at 550 Frazier Rd (off Newton Ave) in Akron

June 8—The Gorge's Gorge Trail at 1160 Front St in Cuyahoga Falls

Free and no registration required. Just be at the designated trailhead by 6:00.



Fun in the Sun

Wednesday, June 14 10:30am-12:30pm

Northwest Family Community Center at 1730 Shatto Avenue

Enjoy corn hole, horse shoes, a pickleball demo, and a disc golf demo at this Active Adult picnic. And have even more fun by starting with the exercise class at 9:30am which will be a special combination of Active Adult Aerobics, Zumba Gold and Line Dancing. Then end your afternoon with a relaxing chair yoga class from noon until 1:00pm. There's no cost to attend, just bring a dish to share. Burgers and drinks will be provided.

RSVP with the Center at (330)375-2849.

Habla Espanol~Summer Session 1

Thursdays (June 1 - July 20), 12:30pm—1:45pm

Ellet Community Center at 2449 Wedgewood Drive



Join in or continue with this 8 week Conversational Spanish Group. It's perfect for people who already know a little Spanish and a great way to learn more or to keep your Spanish speaking skills strong by practicing what you know. The group is lead by a native Spanish speaker who speaks English fluently.

The cost for all 8 weeks is only \$20. Mail your check or money order payable to City of Akron to Adult Recreation, attention Lisa at 220 South Balch Street in Akron 44302.

Call Lisa or Rosemarie at 330-375-2852 to sign-up.



Veterans Benefits Update

Thursday, May 11 11:00am-12:30pm

Northwest Family Center at 1730 Shatto Avenue

All veterans and family members are welcome at this free event sponsored by Cascade Community Development Inc. The update will feature sign-up* or renewal, ID cards for \$1, blood pressure check, and VSC speaker Daren Williams.

*To sign-up you must bring a valid DD214 and 2 of the following (one of which must contain a photo): original certified birth certificate; ID card issued by US Department of Veterans Affairs; US Military ID card; CCW permit; driver's license; valid passport.

Call (330)247-8718 for information.



Fiber Art Open Studio

**Every Wednesday, 1:30pm-3:30pm
Northwest Center, 1730 Shatto Ave**

Join other fiber lovers at this free weekly open studio to chat, enjoy a warm beverage and talk all things fiber. Bring a project, get help or just visit with others as they work.

Call 330-375-2849 for more info.



Crochet Clubs

Lawton Street Center 330-375-2825

Patterson Park Center 330-375-2819

Kenmore Center 330-375-2812

Call for information and meeting times.

Make It & Take It

Tuesday, May 23 at 6:00pm

Kenmore Center, 880 Kenmore Blvd

Make a Tea Pot Wind Chime!

Bring a tea pot and any accent beads you may want to use that match your tea pot. The \$7 fee includes hardware, some materials, drilling, and instruction.

**Call 330-375-2812
to sign-up.**



Akron Artwalk Update

Starting this June, the Downtown Akron Artwalk will move to the third Thursday of every month and henceforth will be called *Third Thursday*. The new hours will be 5:00pm to 9:00pm.

Visit downtownakron.com/explore/artwalk for information.

Vicki's Creative Circle

Basic Embroidery~ \$5



May 4 at 10:00am—Reservoir Park, 1735 Hillside Terr 330-375-2802

May 8 at 6:00pm—Ellet Center, 2449 Wedgewood Dr 330-375-2809

May 11 at 6:00pm—Kenmore Center, 880 Kenmore Blvd 330-375-2812

May 24 at 6:00pm—Northwest Center, 1730 Shatto Ave 330-375-2849

Learn how to transfer a pattern to fabric, how to put the fabric in the embroidery hoop, how to create a few basic stitches along with button embellishments, and how to care for your embroidery when it's complete.

Please bring a lightly colored, white or off-white piece of fabric that is approximately 12 inches by 12 inches. All other supplies and instruction will be provided.

Zippered Pouch~ \$5



June 1 at 10:00am—Reservoir Park, 1735 Hillside Terr 330-375-2802

June 12 at 6:00pm—Ellet Center, 2449 Wedgewood Dr 330-375-2809

June 28 at 6:00pm—Northwest Center, 1730 Shatto Ave 330-375-2849

Learn how to sew a zippered pouch. Bring a 9 inch zipper, 2 pieces of fabric (9"x7") for the inside or your pouch and 2 pieces of fabric (9"x7") for the outside. A limited number of sewing machines will be available, but feel free to bring your own machine if you'd like. You may be able to make more than one pouch depending on class size.

Sign-up with the Community Center where you'd like to take class.

Please allow 2 hours for each class and bring reading glasses as needed.

Women in Nature 2017

Saturday, September 30 - Sunday, October 1
CV National Parks White Pines Campus
at 3675 Oak Hill Road in Peninsula



Get away from it all, spend a weekend with your girls and make some new friends at this women's weekend retreat. Do as much or as little as you want during this fun, relaxing and informative weekend. There's something for everyone with outdoor activities including a guided hike and camp fire, an art project, meditation and stretching, a guest speaker, and more. As always, some of the favorite activities will be returning and there will be some new things too. The weekend includes one night in a very comfortable temperature controlled lodge with full bathroom facilities on the first and second floors, bed linens, meals and all of the scheduled activities and projects for only \$130.

Make all checks payable to the City of Akron and mail them to Adult Recreation, attention Lisa at 220 South Balch Street in Akron, Ohio 44302 by August 31.

Call Lisa at (330)375-2852 to sign-up by the registration deadline of Aug 31.

Euchre Tournament

Friday, May 19 at noon
Kenmore Community Center
880 Kenmore Boulevard

Play tournament style euchre for cash prizes.



Bring a snack or drink to share.
\$1 admission fee.

RSVP at 330-375-2812.

Book Club



1st Wed of the Month at 7:00pm
Firestone Park Center at 1480 Girard St
Call 330-375-2806 for each month's book selection.

The Platinum Club



May 11 at 11:00am
Mason Park Community Center
700 East Exchange Street, Door 3

All are welcome to visit or become a part of this social group that meets monthly.

In May's meeting we'll make miniature gardens and Mother's Day cards with special guest John Valle, Director of the Department of Neighborhood Assistance. Refreshments will be served.

RSVP at 330-375-2821 at least 2 days in advance.

Senior Citizens Commission

Second Monday of Every Month, 1:00pm - 3:00pm

The Library's Main Branch at 60 South High Street in Downtown Akron

The Commission's goal is to make Akron a better place to live for people 60 and over. Its monthly meetings focus on different topics and are open to the public. Parking tickets from the library deck will be validated.



May-Housing

July-Nutrition

September-Safety

November-Age Friendly City

June-Public Health

August-Senior Independent Living Commission

October-Mentorship & Intergeneration Respect

December-Senior Citizens Commission Choice

If you know of an issue that affects the senior population, let the commission know about it by going to a meeting or sending a letter to City of Akron attention Active Adult Coordinator, 220 South Balch Street, Akron, Ohio 44302.